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| **Citrus salad with roasted almonds**    Serves 24 - 30 tastes  Source: Adapted from Australian Women’s Weekly – Salads cookbook | |
| **Ingredients**  Salad  6 handfuls of lettuce from the garden, washed, spun dry and torn into pieces  2 Grapefruit, peeled with a knife – and segmented  2 Oranges, peeled with a knife and segmented  1 cup snow peas, washed trimmed and blanched  4 spring onions washed trimmed and sliced  ½ cup raw blanched almonds  Dressing  4 tablespoons olive oil  3 tablespoons orange juice  1 tablespoon balsamic vinegar  Salt and pepper to taste | **Equipment**  Measuring cups and spoons  Mixing bowls  Knives  Chopping boards  Jar with tight fitting lid  Baking tray  Saucepan  Salad spinner  Juice squeezer  Serving bowls |
| **What to do:**   * Pre heat oven to 180 degrees * Place almonds in an even layer on a baking tray, roast in oven for 10-12 minutes – check them regularly as their high oil content makes them prone to burning, turn them if necessary during the cooking time * Make dressing by combining all ingredients in a jar with a tight fitting lid * Harvest the lettuce, wash it well and spin dry in the salad spinner, tear into bite size pieces and place in a large mixing bowl * Prepare oranges, grapefruit and spring onions * Bring a pot of water to the boil, place trimmed snow peas in the rolling water. Blanch for 1 minute then drain using a sieve and plunge them into a sink or large bowl of cold water to stop the cooking process, leave them to cool * Add the cold drained snow peas and spring onions to the lettuce, pour on the dressing. Toss all ingredients to combine * Divide into serving bowls, top with segmented grapefruit & orange and scatter with roasted almonds, serve. | |